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# Spectator™

March 2024



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See pages 6 & 7 for details



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A photograph of a family celebrating an elderly man's birthday. The man, wearing a red shirt, is seated at a table with a chocolate cake topped with strawberries and lit candles. He has his mouth open as if blowing out the candles. Behind him, a woman and a young child are smiling and watching him. A man stands behind the woman, also smiling. The scene is set in a bright room with large windows in the background.

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## Spectator™ Magazine

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On the cover: Springs Soccer Club,  
the OFFICIAL Travel Soccer Club  
in the City of Coral Springs

# It's All About

## Inspiring Others for 22 YEARS!

**Happy Anniversary to US!** We are so happy to focus on friends and neighbors who are making inspiring, positive differences for everyone. Please read through and note the amazing folks that make our corner of Broward so fantastic. Get ready for a fabulous summer by enrolling your kids in a local athletic league, or a place to hone their stage presence with Next Stop Broadway (see our BACK COVER).

See the articles about the Videa Family, The Wacky Olympics, Dog Care, Relay for Life, and Dr. Howard Gelb, all focused on caring for and loving others... and sharing gifts with the world around us. Whether we are on the giving or receiving end of help in times of adversity, we are constantly modeling examples. Our kids are always watching!

We are so thrilled to celebrate our corner of Paradise with the amazing families who call it home. Enjoy March by offering love and service to friends and neighbors in our community.

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God bless you and our troops,

*Shellie & Scott*

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# Community!

## 22 Years of Improvements

By Shellie Miller-Farrugia

When dirt roads get paved over for easier transportation, or when they discontinued 411 for telephone information, you bet there's an improvement to take the place of your old *modus operandi*. Many of us call it progress, regardless of inconvenience.

More than 23 years ago, our oldest son was an active adolescent who was excited for flag football. Because the Internet wasn't being used to its present-day standards, the only way we could find out about sign ups was a cardboard sign planted on the side of the road. That sign was far away from my usual route, so by the time I found it, sign ups had been concluded. Scott and I decided there had to be a better way for families to connect with other leagues and activities. The Spectator was born from that inconvenience, and we are proud that our place in the community has become a well known resource!

Through that simple inconvenience, we were able to create this community magazine that connects people throughout Coral Springs and Parkland, along with people all over the world! 'Connection' has been one of the most important words as we grew this brand. Connecting you and your children to activities that can enrich the entire family has been our aim from the beginning.

We have been blessed to bear witness to the positive changes throughout our lives in the last 22 years. When tragedy struck in September 2001, Americans rose up and formed a solidarity that was awesome for the world to watch. It was in that same month that we began drawing up our vision for the Spectator. In early years we were encouraged by people who were touting what we stood for. One of the families we featured were spotted by an estranged brother, and then reconciled! Who would have seen that coming?

While on assignment at the IceDen, I bumped into a young boy who was dreaming of becoming a player one day. He had lost one of his eyes in a freak accident, and knew that he could never be a professional player, but who cares? We were thrilled to buy him equipment and enroll him in a league... He and his team became champions their very first season!

We were here with a special issue after the horrible tragedy that happened on Valentine's Day in 2018. We watched and encouraged our community to heal, care for each other, and be more empathetic as we dealt with the unimaginable aftermath.

So... Improvements. My paved street is one that I appreciate much more than the gravel road that used to be in front of my house filling it with dust. If my watch stops, I can glance at my phone, and if I'd like to make a connection in the community, all I need to do is open the latest Spectator to find new friends, neighbors, fun things to do, and maybe even a long lost sibling.



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## Springs Soccer Club:

# Shaping Champions Both On and Off the Field

By Ashley Ferraro

**Springs Soccer Club** stands as a local beacon of excellence in youth development. Founded just four short years ago, it quickly became one of the most influential youth programs in the community and is Coral Springs' sole recognized travel soccer program. Under the guidance of Executive Director Laurie Thomas and Director of Methodology Roger Thomas, SSC provides a comprehensive protocol to shape players into champions, both on and off the field.

From its humble start with three teams, SSC has grown significantly, now fielding approximately 36 teams. This significant growth demonstrates the club's dedication to offering a high-quality soccer experience to players of all ages and skill levels. From the introductory program, First Touch, for five-year-olds to ADP+ (U6-U8), to Academy (U9-U12), and finally, to the National Premier League girls and boys travel programs (U13-U19), SSC provides a pathway for every aspiring player to excel.

ADP+ is SSC's advanced development program. Led by Kate Wilson, this competitive 10-month program builds upon the traditional ADP program, providing players more time with the ball and a strong foundation for later transitioning into travel.

As the ADP+ Director and a competitive coach, Kate is one of SSC's three female leaders, in addition to Laurie Thomas and Jordan Edouard. Jordan oversees the girls' National Premier League (NPL) travel program, which supports players through high school and, finally, helps them transition to college. Coach Matey Mateev is the NPL Boys Director, in which the boys 2011, 2010 teams are currently leading the league and in first place and the 2007 boys are in second place. This is a great accomplishment and testament to the SSC and coaching staff.

SSC is eagerly anticipating its upcoming College ID Camp for girls and boys, which will take place on March 23-24. This event will provide college coaches with the opportunity to scout players and simultaneously expose players to college-level training sessions.

SSC has hired multiple female coaches and sees an increasing number of young female players each year, which is a reflection of the club's commitment to fostering a diverse and inclusive soccer community. The club takes great strides in developing female role models, building up young girls, and supporting pathways for both genders through high school and into college.

Beyond developing skills on the field, SSC instills essential values such as character, connection, competence, competitiveness, and confidence in its players. Through a holistic approach to player development, the club aims to inspire players to become the best versions of themselves. Players are encouraged to take ownership of their development, fostering a growth mindset that will serve them well in soccer and in life.

To support this mission, SSC emphasizes the critical role parents play in their child's development. Aligning players, coaches, and families is necessary to create a culture that is supportive of each player's individual success, and the success of the club.

At the core of Springs Soccer Club is a dedicated team of coaches, mentors, and administrators who are passionate about soccer and invested in the growth of every player. Led by experienced professionals with backgrounds in both playing and coaching soccer at the highest levels, the club provides an unmatched experience, developing players through various age-specific programs, promoting community engagement, and ultimately preparing students for college.

**For more information, please visit**  
**[www.springsoccerclub.com](http://www.springsoccerclub.com).**

**See ads on opposite page.**







SPRINGS SOCCER CLUB

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# Meet The



## Videa Family

Photo by  
Michelle Richard  
Photography

**Coral Springs is a great place to settle down**, and this family of healthcare professionals has enjoyed living here since 2015. Dr. Jessica White-Videa and her husband, Carlos Videa Jr., are thrilled to be residents of our lovely corner of Broward county. Their two active and adorable sons, Nathaniel, 6, and Joshua, 3, are busy guys that keep Mom and Dad on their toes.

Nathaniel participates in Taekwondo, and enjoys reading in his first grade class at Westchester Elementary. Joshua has a great time in his pre-K3 class at Wee Kids.

Jessica is an Obstetrician/Gynecologist who began practicing in 2013, and is now the owner of Ideal Women's Health Care, established in 2022. She provides care to women of all ages with varying obstetrical and gynecological needs. Jessica also enjoys and provides mentorship to young women who are interested in pursuing a career in Medicine. Excited about her practice here in town, Jessica says, "I moved to south Florida in 2013. During one of my visits here for a job interview, I remember going to "The Walk" and spending time eating outside at a Café (that was present at the time). I never knew that less than 10 years later I would open my own practice right across the street. Now "The Walk" is part of my daily life and viewpoint from my office."

Carlos is an Associate Nurse Manager at Jackson Memorial Hospital in the Medical Intensive Care Unit. He has been a Nurse for 17 years.

The couple purchased their first home in Coral Springs in 2015, and quickly became enamored with the community. Jessica says, "First and foremost, I love the fact that Coral Springs is diverse and family friendly. Coral Springs is a great city with beautiful parks and overall has so much to offer. I look forward to the continual growth that is anticipated here in our hometown."

Since her practice has been so successful, Jessica feels blessed and tells us, "It is quite rewarding to be able to bump into my patients and, in some cases, the children that I have delivered in and around Coral Springs. I occasionally see my patients at my children's daycare/school, grocery store, gym or even Taekwondo class. Seeing them reminds me of the impact that I have had and will continue to make here in Coral Springs."

Carlos is an avid lover of Classic Cars. He attends Classic Car shows whenever he can. Nathaniel is equally as passionate about cars-but loves all types. He is also a big fan of Spider Man. While Joshua is a fan of cars, he especially loves Spidey and all things Dinosaurs. Carlos tells us, "We enjoy spending time together, traveling and creating new memories."

The Videas have recently started attending Church by The Glades.





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## Save Lives, Celebrate Lives, and Lead the Fight at American Cancer Society Relay For Life



**April 6, 2024**

**From: 4:00pm – 9:00pm  
Coral Springs Sportsplex  
2800 Sportsplex Dr, Coral Springs  
[Relayforlife.org/parklandfl](https://Relayforlife.org/parklandfl)**

**The American Cancer Society (ACS) Relay For Life of Parkland, Coral Springs, Margate and Coconut Creek invites** the communities to join the movement to honor and remember loved ones and fight back for lifesaving change on Saturday, April 6, 2024 at the Coral Springs Sportsplex.

This year, more than 1.9 million people will be diagnosed with cancer, according to the American Cancer Society. Cancer continues to be the second most common cause of death among Americans, after heart disease.

Relay For Life is a community of survivors, caregivers, local citizens, volunteers and participants who believe that the future can be free from cancer and own the power to make that change. It continues to be the largest peer-to-peer fundraising event, with 2.5 million participants globally uniting to save lives from cancer.

“Relay For Life is more than just a walk. It is a volunteer-led movement that unites communities to celebrate cancer survivors, remember loved ones lost to cancer and raise funds to improve the lives of people with cancer and their families,” said Event Lead and cancer survivor Chris Fletcher.

The American Cancer Society’s mission is to improve the lives of people with cancer and their families through advocacy, research, and patient support, to ensure everyone has an opportunity to prevent, detect, treat, and survive cancer.

“Since Covid, our mission has become harder,” explains Chris, who fought Stage 4 Hodgkins Lymphoma in 2019. “But we’ll rise to the challenge. During our Relay event on April 6th at the Coral Springs Sportsplex, we’re planning on honoring the Survivors, Thrivers still in their fight, and the Caregivers who provide so much help, love, and hope for those fighting.”

“Our theme this year is ‘Relay Through the Decades’” said Entertainment Lead Megan Mila. “More than 40 teams and more than 500 participants will join together to raise funds and awareness in an effort to free the world from the pain and suffering of cancer. Our goal is to host over 100 cancer survivors and their caregivers at the event. The opening ceremony will include a special Survivors Lap. Survivors, Thrivers and their Caregivers will also enjoy a complimentary dinner. After sunset, we light Luminaria bags to remember those we have lost, to celebrate cancer

survivors, and to show those affected by cancer that they are not alone.”

Founded by Dr. Gordy Klatt in Tacoma, Washington, in 1985, Relay For Life unites communities across the globe to celebrate people who have been touched by cancer, remember loved ones lost and take action for lifesaving change. Since 1985, Relay For Life has raised \$6.8 billion to help save lives from cancer.

Dollars raised each year by Relay participants across the country help support the American Cancer Society’s mission in countless ways, including funding and conducting breakthrough research, providing education and advocating for the needs of cancer patients and their families, and providing essential services throughout their cancer journey.

“It’s never been easier to raise money for Relay For Life and help fund the future. Every dollar raised fuels the American Cancer Society’s lifesaving mission. The fight against cancer needs you now more than ever,” said Survivor Program Chair Amanda Fletcher.

### **There are many ways to get involved.**

- Join the Relay For Life of Parkland, Coral Springs, Coconut Creek and Margate – Sign up to join an existing team or start a new team at [www.relayforlife.org/parklandfl](https://www.relayforlife.org/parklandfl)
- Donate – If you can’t participate in this year’s event, you can still help save lives by making a donation. Every dollar fuels the American Cancer Society’s fight against cancer. Visit [www.RelayForLife.org/parklandfl](https://www.RelayForLife.org/parklandfl) to make a donation today.

Relay For Life of Parkland, Coral Springs, Margate and Coconut Creek is supported by many local businesses and organizations. This year’s Relay and our Swing Fore a Cure charity golf tournament sponsors include: Memorial Cancer Institute, Gunther Motor Company, Anthony Rizzo Family Foundation, AutoNation, Burie Group at Morgan Stanley, Senior Strategic Planning, Iguana Control, VYVE, North Broward Preparatory School and School of Rock Broward County, among others.

**To learn more about Relay For Life and form a team or register as an individual or cancer survivor, visit [Relayforlife.org/parklandfl](https://Relayforlife.org/parklandfl).**





# Friends. Family. Fighters.

Fighting cancer takes many things like research, free rides to chemo and lodging near hospitals, and our 24/7 helpline. But we can't do any of that without you. Join Relay For Life, the largest, most inspiring, and supportive cancer fundraising event on the planet.

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April 6, 2024  
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Coral Springs Sportsplex  
2800 Sportsplex Drive

[RelayForLife.org/parklandfl](https://RelayForLife.org/parklandfl) | 1.800.227.2345

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# Bumps on your Dog:

## Types and Treatment Options



**Subcutaneous cysts, also known as sebaceous cysts, are a common occurrence in pet dogs.** These cysts develop beneath the skin and can vary in size, shape, and content. While they are usually benign, they can sometimes cause discomfort or become infected if left untreated. Understanding the different types of subcutaneous cysts and their proper treatment is essential for maintaining the health and well-being of our furry companions.

One of the most common types of subcutaneous cysts found in dogs is the sebaceous cyst. Sebaceous cysts are filled with a cheesy or oily substance called sebum, which is produced by the sebaceous glands in the skin. These cysts typically appear as small, round lumps beneath the skin and are usually harmless. However, they can become inflamed or infected, leading to pain, swelling, and discharge.

Another type of subcutaneous cyst commonly found is the follicular cyst. Follicular cysts develop from hair follicles and can vary in size from small to large. They may contain hair or other debris and can sometimes become infected, causing irritation and discomfort for the dog.

Epidermoid cysts are also seen in dogs and are formed from cells that are normally found on the surface of the skin. These cysts are typically filled with a white, cheesy material and may become inflamed or infected if they rupture or are irritated.

Lipomas are another type of common subcutaneous cyst. Unlike sebaceous cysts, lipomas are composed of fatty tissue and are usually soft and movable beneath the skin. While lipomas are generally benign, they can grow quite large and may need to be surgically removed if they cause discomfort or interfere with the dog's movement.

Treatment for subcutaneous cysts varies depending on the type and severity of the cyst. In many cases, small, asymptomatic cysts may not require any treatment at all and can be monitored for changes over time. However, if a cyst becomes inflamed, infected, or causes discomfort for your

pet, veterinary intervention may be necessary.

One common treatment option for subcutaneous cysts is drainage and flushing of the cyst. This procedure involves making a small incision in the skin to drain the contents of the cyst and flush out any debris or infection. In some cases, the cyst may need to be lanced multiple times to ensure that it is completely drained.

Surgical removal of the cyst may be necessary in cases where the cyst is large, painful, or causing other complications. During this procedure, the veterinarian will carefully excise the cyst from beneath the skin and suture the incision closed. Surgery is usually performed under general anesthesia to minimize discomfort for the dog.



In addition to drainage and surgery, other treatment options for subcutaneous cysts may include antibiotics to treat any underlying infection, anti-inflammatory medications to reduce swelling and pain, and topical treatments to promote healing. It's essential to follow your veterinarian's recommendations for treatment and monitoring to ensure the best possible outcome for your pet.

**Dr. Mark Stevens from Stevens animal Hospital in Pompano Beach** addressed the issue. "If you notice a bump or swelling that you haven't

noticed before, it may need to be seen by your Veterinarian. It could be something as simple as a cyst or mole, or a more serious issue such as an early mass or tumor. Your Veterinarian will be able to advise you on the proper action to take."

In conclusion, subcutaneous cysts are a common occurrence in pet dogs and can vary in type and severity. While many cysts are benign and may not require treatment, others can become inflamed, infected, or cause discomfort for the dog. Understanding the different types of subcutaneous cysts and their proper treatment is essential for maintaining the health and well-being of our furry friends. If you notice any unusual lumps or bumps on your dog's skin, consult with your veterinarian for proper evaluation and management.



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# Spectators are Invited!

Witness an evening of silly antics and pseudo-athletics as students from local middle schools let loose, laugh, and engage in friendly competition as part of the city's first-ever Wacky Olympics on Friday, March 8 from 6 to 9 p.m. at the Coral Springs Gymnasium (2501 Coral Springs Drive.)

Hosted by the Coral Springs Parks and Recreation Department, pre-selected students from seven Coral Springs middle schools will take part in unconventional games and challenges such as balloon races, cornhole tournaments, trivia showdowns, and more. Schools represented are Coral Springs Middle School, Coral Springs Charter School, Forest Glen Middle School, Imagine Charter School, Ramblewood Middle School, Renaissance Charter School, and Sawgrass Springs Middle School. Prizes and bragging rights will be awarded to top teams.

"Free play is an important part of the learning and growth process for children and teens, and this event speaks directly to that essential need," Vice Mayor Shawn Cerra said. "Wacky Olympics offers a phenomenal opportunity for everyone to come together, cheer on our youth, have a good laugh, and make memories; I'm proud of our Parks and Recreation Department for bringing it to life."

In addition to the wacky competitions, the first 200 guests will receive a complimentary ice pop, and the concession stand will be open, offering a variety of refreshments for purchase. Spectators can also win prizes for showing the most school spirit by creating signs, wearing school colors, and cheering loudly for their favorite school.

More information can be found at [CoralSprings.gov/Wacky](https://CoralSprings.gov/Wacky).





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## **Stress Fractures**

*By Dr. Howard Gelb*

Stress fractures are real fractures (breaks in the bone) that are all too common in today's athletes. The cause of stress fractures is usually found in the patient's history. The most common cause of a stress fracture is overuse. It can occur as a runner picks up their mileage too quickly or changes a running surface from soft to hard. Runners are particularly prone to lower extremity stress fractures due to the nature of the sport. Nutritional risk factors include lack of calcium, protein, and caloric intake. Tennis, basketball and volleyball players can get stress fractures of the feet, tibia (leg) or hip by playing too often. Intensity, frequency, and duration of an activity all play a role in the development of a stress fracture. Upper extremity stress fractures are seen in baseball pitchers, tennis players and softball pitchers. Rib fractures can be seen in crew athletes due to the excessive muscle pull of the serratus anterior muscle. Weight lifters, football linemen, gymnasts and soccer players are at risk for the development of lumbar stress fractures due to the mechanics of their sport, hyperextension of the lumbar spine. The primary symptom of a stress fracture is pain that is activity related. While x-rays are essential for evaluation of the pain, the actual fracture line may not be seen and additional imaging with bone scan or MRI may be needed for diagnosis. The treatment of the stress fracture is generally rest, however for certain fractures surgery may be necessary to avoid non-union (a non healed fracture). Nutritional and menstrual history is especially important for the female athlete. The female athlete triad; amenorrhea, poor nutrition and overtraining are associated with stress fractures and long-term osteoporosis. While athletes are often told "no pain, no gain," this adage is false when dealing with stress injuries. The best thing to do if one is experiencing progressive pain associated with their sport or activity is to rest and be evaluated.

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# Coral Springs

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Players from Coral Springs and Parkland are welcome. Games are held August – November.  
For more info. visit. [www.csall.com](http://www.csall.com), or call (954) 369-4813. [coralspringsamerican@gmail.com](mailto:coralspringsamerican@gmail.com)

## CHALLENGER BASEBALL LEAGUE

Strives to reach disabled kids and their families at no cost. For more info, call (954) 345-9329.

## NORTH SPRINGS LITTLE LEAGUE

For more info go to [www.northspringsll.com](http://www.northspringsll.com)

## Basketball

### CORAL SPRINGS BASKETBALL

Year round play check for sign up dates.  
[www.CSBCHOOOPS.com](http://www.CSBCHOOOPS.com) or call (954) 360-1200 or Barry Popock (954) 599-6660

### CORAL SPRINGS WOMEN'S 18+ BASKETBALL LEAGUE

Call or Text 954-501-4985 to Register and more info. Instagram [csbcb\\_femalehoops](https://www.instagram.com/csbcb_femalehoops)

## Coral Springs Flag Football

### CORAL SPRINGS FLAG FOOTBALL CLUB

For more info, call 954-406-0660, email [info@csffc.org](mailto:info@csffc.org) or go to [www.CSFFC.ORG](http://www.CSFFC.ORG)

## Tackle Football & Cheerleading

### CORAL SPRINGS TACKLE FOOTBALL & TACKLE FOOTBALL CHEERLEADING

For more info see [www.cschargers.com](http://www.cschargers.com)

### PARKLAND RANGERS TACKLE FOOTBALL & CHEERLEADING

Football Contact: 786-236-0948 or [info@parklandrangers.com](mailto:info@parklandrangers.com)  
Cheer contact: 786-236-0948 or [cheer@parklandrangers.com](mailto:cheer@parklandrangers.com).  
[www.parklandrangers.com](http://www.parklandrangers.com).

## Ice Skating & Hockey

### FLORIDA PANTHERS ICEDEN

The triple rink known formerly known as Saveology has programs all year long! [www.PanthersDen.com](http://www.PanthersDen.com) or call (954)341-9956.

## Lacrosse

### PARKLAND REDHAWKS

For more info go to [www.parklandlacrosse.com](http://www.parklandlacrosse.com)  
See ad below.

### BUZZARDS MEN'S LACROSSE CLUB

For more info contact Mike at 954-540-8970 or visit [www.buzzardslacrosse.org](http://www.buzzardslacrosse.org)

## Running

### NORTHWEST BROWARD ROAD RUNNERS

A volunteer-based organization with a goal to promote health and wellness through running, provide support for runners of all ages, levels and abilities.  
For more info. go to [www.nwbrrc.com](http://www.nwbrrc.com) or email [jaygee725@gmail.com](mailto:jaygee725@gmail.com)

## Soccer

### CORAL SPRINGS RECREATIONAL

The official Recreational Soccer Program in the City of Coral Springs. Play from November through the first weekend in March. Boys and Girls U06-19U are welcome. Play at Mullins Park, Coral Springs. For more info: [www.csys.org](http://www.csys.org), email: [csysadmin@csys.org](mailto:csysadmin@csys.org) or call Mimi Milton at 954-341-6391.

### CITY OF CORAL SPRINGS SPRING TRAVEL SOCCER CLUB

The official Travel Soccer program in the City of Coral Springs. Boys & Girls U8-U11. City of Coral Springs Cypress Park; 1301 Coral Springs Drive. For more info see [www.springssoccerclub.com](http://www.springssoccerclub.com). See article & ad on page 6-7.

## Softball

### YOUTH SOFTBALL ASSOCIATION OF CORAL SPRINGS (YSACS)

Two seasons run each year, February-May and September-November. See the website at [www.coralsspringssoftball.com](http://www.coralsspringssoftball.com) or call (954)344-0171. See ad below

### CORAL SPRINGS WOMEN'S SOFTBALL

Players 18 & older can join the slow-pitch teams that play on Sundays and Monday evenings at Forest Hills Park. Call Barb Pantazis (954) 344-4449.

## Swimming

### AQUATIC COMPLEX & FITNESS CENTER

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## CYPRESS WATER PARK

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For more information see [AquaticComplex.com](http://AquaticComplex.com)

## Private Schools & Camps

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For more info see [www.nextstopbroadways.com](http://www.nextstopbroadways.com).

### NORTH BROWARD PREPARATORY SCHOOL

Is an accredited, college-preparatory, independent, non-sectarian school serving families of the pre-kindergarten through high school age groups. For more info, call (954) 247-0011 or [www.NBPS.org](http://www.NBPS.org) See Page 9.

### SUMMIT ACADEMY CHARTER SCHOOL

K through 8th grade. A tuition free public charter school. For more info, call (954) 603-3303, [www.summitacademy.org](http://www.summitacademy.org).

## Soflo Ninja Academy

Discover The Excitement Of American Ninja Training At Our Fitness Center For All Ages and fitness levels! For more info, See [SoFloNinja.com](http://SoFloNinja.com) or call 954-876-1378. See ad page 13.

## Special Needs

## PARKLAND BUDDY SPORTS

Find out about league offerings and activities. [www.ParklandBuddySports.com](http://www.ParklandBuddySports.com)

## CHALLENGER BASEBALL LEAGUE

Open to all special needs kids and their families at no cost. For more info, call (954) 345-9329 or [www.challengerbaseballofbroward.com](http://www.challengerbaseballofbroward.com)

## THE FRIENDSHIP JOURNEY

Provides programs & facilities for children and young adults with special needs, while creating awareness and sensitivity. For more info, contact [hello@thefriendshipjourney.org](mailto:hello@thefriendshipjourney.org) or [www.thefriendshipjourney.org](http://www.thefriendshipjourney.org)

## Volleyball

### SAND TURTLES VOLLEYBALL CLUB

Beginner sand volleyball training for kids and adults. Call Mark Lewkowicz for more info. (954)345-0500. [www.sandturtlesvolleyball.com](http://www.sandturtlesvolleyball.com)

## Parkland P-Rec

### PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Players use solid paddles to hit a whiffle ball over a net. Yearly fee: Residents \$45/Non-residents \$54. P-REC - 10559 Trails End (located inside Pine Trails Park)

## Scouting

Scouting offers Year Round Activities for Boys and Girls in K to 12th Grade  
Find a local unit at [www.beascout.org](http://www.beascout.org)

## i9 Sports - Youth Sports Leagues

Coral Springs Leagues - Saturday & Sunday Options

Soccer - Ages 3 - 12

Flag Football - Ages 4 - 13

Baseball - Ages 3 - 7

Indoor Basketball - Ages 5 - 12

[www.i9sports.com](http://www.i9sports.com)

954-227-9955 (M-F, 9am-8pm)

## Important Numbers

Aquatic Complex.....	(954)345-2121
City Hall in the Mall .....	(954)344-1828
Coral Springs Gymnasium .....	(954)345-2107
Cypress Park Pool .....	(954)345-2109
Cypress Park Tennis .....	(954)345-2100
Mullins Park Pool .....	(954)345-2170
Sportsplex Tennis Center .....	(954)344-1840
Parks and Recreation .....	(954)345-2200
Parks Field Conditions .....	(954)344-1187



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- Orthopedic Care for Cerebral Palsy
- Orthopedic Trauma
- [U18] Sports Medicine
- Concussion Clinic
- Performing Arts and Dance Medicine
- Athletic Training



L to R: Stanley Szybinski, MD; Michael Dressing, MD; Stephen Plachta, MD; Andrew Gupta, MD; Eric Eisner, MD; Matthew Fazekas, MD; Michael Jofe, MD; Neal Mc Nerney, MD; Randolph Cohen, MD; Stephen Storer, MD; Jeremy Frank, MD



To make an appointment, call 954-265-6300 or for more information visit [JDCH.com/Orthopedics](http://JDCH.com/Orthopedics).

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# Parkland Connections

## Parkland Little League

For more info., call (954) 604-2442 or visit [www.parklandll.com](http://www.parklandll.com). See ad and article on

## Basketball

**PARKLAND REC BASKETBALL**  
[www.parklandbasketball.com](http://www.parklandbasketball.com) or call the hotline (954) 227-0989.

## Tackle Football & Cheerleading

**PARKLAND RANGERS TACKLE FOOTBALL & CHEERLEADING**

Football Contact: 786-236-0948 or [info@parklandrangers.com](mailto:info@parklandrangers.com)

Cheer contact: 786-236-0948 or [cheer@parklandrangers.com](mailto:cheer@parklandrangers.com).

## Flag Football

**PARKLAND FLAG FOOTBALL**

For more info, see [www.parklandflag.com](http://www.parklandflag.com) See ad below.

## Lacrosse

**PARKLAND REDHAWKS**

For more info go to [www.parklandlacrosse.com](http://www.parklandlacrosse.com)

**BUZZARDS MEN'S LACROSSE CLUB**

For more info contact Mike at 954-540-8970 or visit

## Soccer

**PARKLAND REC SOCCER**

For more info, visit [www.parklandsoccer.net](http://www.parklandsoccer.net)

**PARKLAND TRAVEL SOCCER CLUB**

For more info, see [www.parklandtravelsoccer.com](http://www.parklandtravelsoccer.com) or email [info@parklandtravelsoccer.com](mailto:info@parklandtravelsoccer.com)

## Private Schools & Camps

### NORTH BROWARD PREPARATORY SCHOOL

Is an accredited, college-preparatory, independent, non-sectarian school serving families of the pre-kindergarten through high school age groups. For more info, call (954) 247-0011 or [www.NBPS.org](http://www.NBPS.org) See ad page 9.

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K through 8th grade. A tuition free public charter school. For more info, call (954) 603-3303, [www.summitacademy.org](http://www.summitacademy.org).

## SoFlo Ninja Academy

Discover The Excitement Of American Ninja Training At Our Fitness Center For All Ages and fitness levels! For more info. See SoFloNinja.com or call 954-876-1378. See ad page 13.

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## THE FRIENDSHIP JOURNEY

Provides programs & facilities for children and young adults with special needs, while creating awareness and sensitivity. For more info, contact [hello@thefriendshipjourney.org](mailto:hello@thefriendshipjourney.org) or [www.thefriendshipjourney.org](http://www.thefriendshipjourney.org)

## Scouting

Scouting offers Year Round Activities for Boys and Girls in K to 12th Grade Find a local unit at [www.beascout.org](http://www.beascout.org)

## Adult Softball

For more info. contact Parkland Parks & Rec.

## i9 Sports - Youth Sports Leagues

**Parkland Leagues - Saturday Only**

Soccer - Ages 3 - 12

Baseball - Ages 3 - 7

[www.i9sports.com](http://www.i9sports.com)

954-227-9955 (M-F, 9am-8pm)

## Important Numbers

Leisure Services .....	(954)757-4105
Field Conditions .....	(954)757-4110
Park Ranger .....	(954)575-1007
Youth, Teen, & Senior Programs .....	(954)757-4129
City Hall .....	(954)753-5040
Tennis .....	(954)757-1910
P-REC .....	(954)757-4105

# PARKLAND FLAG FOOTBALL LEAGUE

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**SEASON BEGINS LATE AUGUST**





# Parkland Day, Saturday, March 9th

By Todd DeAngelis, Director of Communications

**Parkland Day's history dates back to when Parkland was lesser known.** What it was known for at that time was for being hidden in the northwest corner of Broward County, not the easiest place to get to, and for being a place with horses and a lot of space.

Over the years Parkland has become better known, much easier to get to, and, while it still has its fair share of horses, there's still a lot of space. On the occasion of its 60th birthday last year, the City of Parkland (City) brought back Parkland Day—a day that celebrates what Parkland was, what it has become, and what it's always been.

What it was is that out-of-the-way place with horses and space. What it has become is a City known for its families, the quality of the schools located in the City, and the many family-oriented events the City holds. What it has always been is a place where people feel at home and welcome. And that's what the Parkland Day celebration is about. It felt so good in 2023 when the City turned 60 that officials decided residents should feel that good about their home every year. So on Saturday, March 9, 2024 the City will celebrate turning 61 with a parade in the morning, a concert at night, and plenty of fun and activities in between.

People will again line the streets of Pine Island Road and Trails End around Pine Trails Park and enjoy a parade that will include children, schools, moving performances, horses, music, and the City's elected officials. "It ends up being an all-day celebration of our City," said Mayor

Rich Walker. "A day when Parkland remembers what it was and is grateful for what it has become." Walker said, "people love living in Parkland and we have plenty of events at which people see their friends and neighbors." "But Parkland Day is a celebration of why we come together and of why we hold family-friendly events, because we love Parkland," he said.

Last year's event was the first in more than a decade, it seems unlikely the City will go 10 years again without celebrating Parkland Day. This year's version will include that trademark parade that celebrates community, but there will also be plenty of community performances on the stage at the Amphitheatre at Pine Trails Park. In the afternoon and evening there will be a business expo featuring Parkland businesses, there will be rides, games, and play events for children, and there will be food booths throughout the day. In the evening a local band will provide the entertainment

People feeling at home and welcome at this event, as well as in the City in general, seems to be a theme. "If you've ever lived in Parkland, you know the feeling we're talking about, it's a special place," Mayor Walker said. "That's what we want people to feel at this event," he said, "whether you live here now or you lived here years ago and come back to attend Parkland Day, there's something special about this City and this event brings that out."

**For information on Parkland Day, visit [www.cityofparkland/ParklandDay](http://www.cityofparkland/ParklandDay).**







# March is National Reading Month



## Reading Education in America: A Look at Parkland and Coral Springs

**Reading education is a cornerstone of academic development**, yet its state in America presents a tale of contrasting realities. While some areas excel in literacy initiatives, others face significant challenges. Parkland and Coral Springs provide an insightful case study into the divergent paths of reading education within the same region.

In America, literacy rates remain a concern despite concerted efforts to improve reading proficiency. According to the National Assessment of Educational Progress (NAEP), only about 35% of fourth-grade students perform at or above the proficient level in reading. This indicates a substantial portion of students who struggle with basic reading comprehension and fluency skills.

Factors contributing to this nationwide challenge include socioeconomic disparities, inadequate resources, and variations in teaching methodologies. Additionally, the rise of digital media has presented new challenges, as children spend more time on screens, potentially impacting their reading habits and skills. Maybe taking a tablet to the restaurant is convenient for you, but how is that impacting your child's learning abilities? Proficiency in reading creates a child's ability to express themselves more effectively. That boring "after dinner conversation" between the adults may be teaching them more interpersonal skills than that SpongeBob episode on your iPhone.

In contrast to national averages, Parkland and Coral Springs have made notable strides in reading education. Broward County Public Schools (BCPS) has implemented comprehensive literacy programs aimed at fostering a culture of reading from an early age. These initiatives include phonics instruction, literacy-rich classrooms, and interventions for struggling readers. A beloved teacher for more than four decades, Mrs. Janet Bartoszek, also known as Mrs. Bee, was always an encouraging teacher when it came to reading. She tells us, "Cuddling with your children with

books that they enjoy for 20 minutes a day, will impact their language development effecting their school achievement and their desire to be life long learners. Happy Reading!" Children who are encouraged to read get excited at things like the school book fair, trips to the library, and reading programs offered throughout Broward County. Having a kid-friendly library in your home is one of the best "play areas" to develop a child's curiosity and life skills.

Furthermore, BCPS has prioritized professional development for educators, equipping them with evidence-based strategies to support literacy growth. By emphasizing data-driven instruction and ongoing assessment, teachers can tailor their approaches to meet the needs of their students effectively.

The results of these efforts are evident in the reading proficiency rates of students in Parkland and Coral Springs. According to state assessments, a significantly higher percentage of students in these communities demonstrate proficiency in reading compared to national averages. This achievement reflects the dedication of educators, administrators, and community stakeholders to prioritize literacy as a fundamental skill for academic success.

In conclusion, the state of reading education in America is a complex landscape characterized by both progress and persistent challenges. While national trends indicate room for improvement, localized efforts in communities like Parkland and Coral Springs showcase the potential for meaningful change. By prioritizing evidence-based practices and fostering collaboration, educators and policymakers can continue to advance literacy outcomes for students across the nation.





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# Knock It Out Of The Park Leadership

By Michael Dill, Certified Award-Winning Business Coach

**Thirty-plus year ago**, some colleagues and I attended a Tony Robbins Unlimited Power weekend event. Shortly thereafter, I hooked up with a group of people who wanted to continue practicing the traits they picked up from the event. We started meeting monthly to mastermind and share what learnings we applied over the last month and how they positively impacted us. To essentially shorten this story, at one point they wanted to host an event to impact a larger group of which I was asked to speak on stage.

The speaking engagement was actually my first ever; and was both exciting and intimidating. I conducted and titled the engagement The ABCs of Success in which I took each letter of the alphabet in order, picked a word, and created a story around that word. For example; A being Attitude, B being Behavior, and on down the list. We had music, break-out sessions, and lots of audience engagement weaved into the talk. It most definitely was a lot of fun in addition to lots of value being both delivered and received.

Now, I have kept those notes for 30+ years, and have repeatedly talked about turning them into a book. I am very proud to finally share that my book; Knock It Out of the Park Leadership, the ABCs of entrepreneurial success is a reality. Two months into the pandemic last year, when it was obvious, we weren't going anywhere for a while, my coach said, "Michael, if you are ever going to write that book, now's the time to do it." I simply got busy in April of 2020; the book hit the shelves on August 31st, 2021. The book also hit the Amazon #1 Best Seller List in Small Business on day one, which is a great achievement. The book essentially poses the question; "Would you rather spend all of your time working in your business or working on your business?" Knock It Out of the Park Leadership, makes charting that course as simple as ABC.

The book delivers a simple and actionable approach; the ABC format actually reveals 26-plus tactics and tools that readers can

use immediately to propel themselves and their businesses forward.

Packed with stories and real-life experiences, Knock It Out of the Park Leadership shares street-smart strategies to help readers master their strengths, navigate their vulnerabilities, and become admired leaders in any organization.

"This book is to the point. Easy to read and the author's real-life experiences that he refers to are very relatable. I would recommend this book to anyone who wants to grow, both personally and professionally."- Barry Reiss

The book reveals decades of experience in the restaurant and financial industries as well as coaching clients to consistent successes to inform the practical, adaptable lessons.

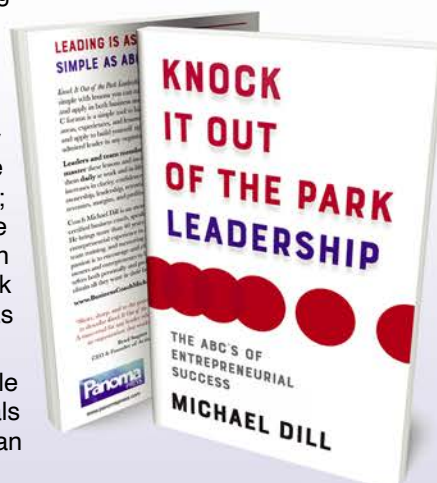
Whether you're a new leader or entrepreneur still learning the basics, or a seasoned professional wanting to sharpen your skillset, Knock It Out of the Park Leadership can help you master the traits you need to build a profitable business, an empowered team, and wonderful life.

You don't just want a home run; you want to knock your business out of the park.

## About the Author

*Coach Michael Dill is an award-winning certified business and leadership coach, global speaker, and published author. He brings more than 40 years of business and entrepreneurial experience in his leadership, team training, and mentoring practice. Dill's passion is to encourage and challenge business owners and entrepreneurs to become their best selves both personally and professionally to obtain all they want in their business and life.*

**For more info. Please see**  
[www.businesscoachmichaeldill.com](http://www.businesscoachmichaeldill.com)





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- 6.49% APR will be fixed for the first 12 months (introductory period). After the introductory period, the interest rate will be variable and based on the Wall Street Journal U.S. Prime Rate (WSJ Prime) which is 7.75% as of February 2, 2023. The minimum APR is 3.25% and maximum APR is 16.00%. Maximum term 120 Months (35 Month maturity option available in the state of Georgia). Payment options include interest only, or 1.00% of the outstanding balance or \$100, whichever is greater; with outstanding interest, principal and any applicable fees due as a final balloon payment at maturity.

- 8.25% APR is variable, includes a .50% margin and subject to change based on the Wall Street Journal U.S. Prime Rate (WSJ Prime) which is 7.75% as of February 2, 2023. The minimum APR is 3.25% and maximum APR is 16.00%. Maximum term 120 Months (35 Month maturity option available in the state of Georgia). Payment options include interest only, or 1.00% of the outstanding balance or \$100, whichever is greater; with outstanding interest, principal and any applicable fees due as a final balloon payment at maturity.

- 7.00% APR is a fixed rate for 60 month term. Maximum term available 120 Months (35 month maturity option available in the state of Georgia). APR quoted is accurate as of March 6, 2023 and is subject to change at any time. Interest only payments with outstanding interest, principal and any applicable fees due as a final balloon payment at maturity.

5. We may pay some or all of the third party fees you must pay in connection with opening this Credit Line (collectively "Closing Costs") based on creditworthiness, the amount and term of the Credit Line, and the property location. Closing costs vary by state. In Georgia, for Credit Lines of \$250,000 or less with a 35 month term, we will pay all Closing Costs; otherwise, we will pay Closing Costs up to \$750. For Credit Lines of \$250,000 or less in AL, FL, NC, SC and VA, we will pay all Closing Costs. However, for all Credit Lines of \$250,000 or less, if the appraisal cost exceeds \$160, you are responsible for paying all amounts over \$160 for the appraisal. For Credit Lines greater than \$250,000, we will pay Closing Costs up to \$1,800 in Florida, up to \$1,300 in Virginia, up to \$800 in Alabama, and up to \$750 in Georgia, North Carolina and South Carolina. Should you close your Credit Line within 30 months from the anniversary date of the Credit Line closing, you must reimburse us for all Closing Costs paid by us on your behalf. The requirement to reimburse us for any Closing Costs paid by us on your behalf shall be waived if you keep your Credit Line opened for at least 30 months. The reimbursement of Closing Costs provision does not apply to Credit Lines originated by North Carolina residents. We will not pay any amounts towards Closing Costs for any renewal, extension or refinancing of the Credit Line.

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# Up & Coming

## **Parkland Farmers' Market - Sun, March 3 & 17**

Held from 9 AM to 1 PM, enjoy the Parkland Farmers' Market at the Equestrian Center, 8350 Ranch Rd. Customers will be able to purchase items such as fresh and organic vegetables, fruits, herbs, beautiful flowers, breads, pastries and other baked goods. We also feature a variety of gourmet foods such as jam, honey, dips, sauces, fresh pasta, cheese, and pickles. Our market is dog friendly so don't forget to visit our pet vendors. For more info, call 954-757-4107.

## **Coral Springs Wacky Olympics- Friday, March 8**

From 6 to 9 PM, join the Parks and Recreation Department at the Coral Springs gymnasium, 2501 Coral Springs Dr., for an evening of laughter, camaraderie, and friendly competition at the first ever Wacky Olympics event! Please see the ad and article on page 14.

**Parkland Day - Saturday, March 9** Join in on the fun and celebrate Parkland Day at the P-Rec, with us! Parade starts at 10 a.m. All other activities will start as early as 4 p.m. We will have games, rides, a food court, live music by Rubixx, and more. For more information, contact the P-REC at (954)757-4105.

**Coral Springs Festival of the Arts- Saturday & Sunday, March 16 & 17** From 10 AM to 5 PM both days, this outdoor festival highlights two days filled with the arts, including some of America's finest artisans and crafters,

as well as music, dance, theater and literary presentations. with many friends and neighbors from all over the world, enjoying the creativity of our community, the event happens at The Walk at University, 2920 N University Dr., Coral Springs

**S.A.F.E. Class - Thursday, March 21** S.A.F.E. (an acronym for Self-defense Awareness & Familiarization Exchange) is an unparalleled 2-hour educational awareness, crime-victim prevention program - encompassing Strategies, Techniques, Options, and Prevention - that provides teen aged & adult women with information that may reduce their risk of exposure to violence and introduces them to the physical aspects of self-defense. Self-defense awareness and familiarization for women age 13 and up. Space is limited, and the class is held from 6 to 9 PM at Sartory Hall Senior Center, 10150 NW 29th Street, Coral Springs, 33065. Classes available upon request for organized groups. Registration is required. For more info, email: Ashley Amalfitano - policetraining@coralsprings.gov

**Relay for Life of Parkland, Coral Springs, Margate and Coconut Creek - Saturday, April 6** From 4:00pm - 9:00pm at the Coral Springs Sportsplex, 2800 Sportsplex Dr, Coral Springs. To learn more about Relay For Life and form a team or register as an individual or cancer survivor, visit [Relayforlife.org/parklandfl](http://Relayforlife.org/parklandfl) See ad and article on pages 10-11.

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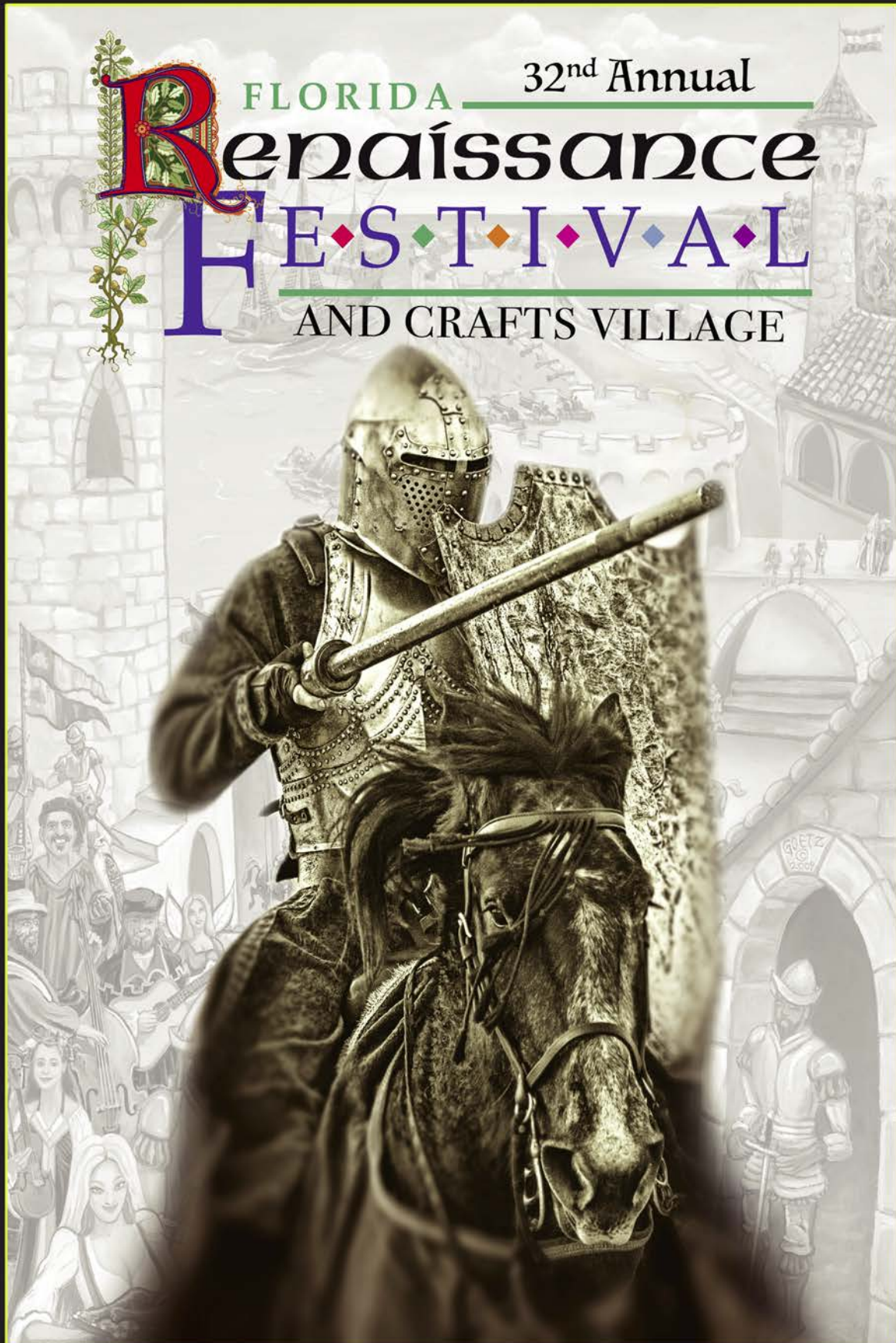
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